



Jason Semo – OCIAA Indoor Track Chairperson
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GENERAL INFORMATION

FAT timing will be used in all West Point Meets

Clerking area is near entrance to field house near start of 55m

No athletes/fans allowed on Volleyball courts and upper areas.

A. All schools assist in hurdle crew.

Starting heights for OCIAA "A" Meet

Might change with # of entries

Pole Vault (B & G): 6-0, 7-0, 8-0, 8-6, 9-0, etc.

High Jump (Girls): 4-0, 4-3, 4-6, 4-9, 4-11, 5-0, 5-1, etc.

High Jump (Boys): 5-0, 5-3, 5-6, 5-9, 5-11, 6-0, 6-1, etc.

NEW

In the Throws and LJ/TJ there will be minimum distances that will be measured after the athlete's first measured throw or jump, 2/3rds of all athletes should hit these marks. We will adjust as the season progresses.

Shot Put		Weight Throw	Long Jump	Triple Jump
Boys	29-5	28-5	15'	31'
Girls	19-5	19-5	11'	24'

Indoor Schedule 2026-2027

Wed	Dec 23	5:30pm	Holiday Classic	Armory
			Entries due 12/22	
Sunday	Jan 10	9am	Section 9 Invite	Armory
			Entries due 1/9	(8pm)
Fri	Jan 15	6pm-11pm	West Point	A Meet
			Entries due 1/14	
Sat	Jan 16	1pm-7pm	West Point	A Meet
			Entries due 1/15	
Fri	Jan 22	6pm-11pm	West Point	B Meet
			Entries due 1/21	
Sunday	Jan 24	1pm-7pm	West Point	B Meet
			Entries due 1/23	
Fri	Jan 29	6pm-11pm	Divisional Meet (2-4-6)	
			Entries due 1/21	(8pm)
Sat	Jan 30	1pm-7pm	Divisional Meet (1-3-5)	
			Entries due 1/23	(8pm)
Sun	Jan 31	1pm-7pm	SNOW DATE	
Fri	Feb 12	6pm-11pm	Section 9 Class A	
			Entries due 2/11	(8pm)
Sat	Feb 13	1pm-7pm	Section 9 Class B	
			Entries due 2/12	(8pm)
Sunday	Feb 28	State Qualifier 9am	@ Armory	
			Entries due 1/23	
Fri	March 5	State Meet	@ Ocean Breeze	
Sat	March 6	State Meet	@ Ocean Breeze	

SECTION IX SEED MEETING

Wednesday, February 24 6:00 pm Google Meet

OCIAA TRACK 2025-2026

6 Divisions

Division I (7)

NFA
Kingston
Monroe-Woodbury
Middletown
Pine Bush
Valley Central
Warwick

Division II (7)

Wallkill
Washingtonville
Cornwall
Minisink Valley
FDR
Poughkeepsie
Goshen

Division III (7)

Monticello
Beacon
Saugerties
New Paltz
Port Jervis
Lourdes
Marlboro

Division IV (6)

Spackenkill
Liberty
Rondout Valley
Red Hook
Highland
Fallsburg

Division V (6)

O'Neill
Dover
Onteora
Sullivan West
Chester*
Seward* Shadowing
Ellenville

Division VI (7)

Burke
Eldred
Millbrook
Pine Plains
Mount Academy**Girls only
Tri-Valley
Homestead

BEDS Numbers for Section 9 Meet

CLASS B 599-Under

CLASS A 600-Up

Friday, January 15 OCIAA “A” Meet @ West Point (6pm-11pm)

Chester, Seward, Dover, Ellenville, Highland, Warwick, Lourdes, Middletown, Minisink, Monticello, New Paltz, O’Neill, Pine Bush, Port Jervis, Red Hook, Saugerties, Spackenkill, Tri-Valley, Wallkill, Washingtonville

Saturday, January 16 OCIAA “A” Meet @ West Point (1pm-6pm)

Beacon, Burke, Cornwall, Eldred, Fallsburg, FDR, Goshen, Homestead, Liberty, Marlboro, Millbrook, Monroe, Mount Academy, Newburgh, Onteora, Pine Plains, Poughkeepsie, Rondout Valley, Sullivan West, Valley Central, Kingston

Friday, January 22 OCIAA “B” Meet @ West Point (6pm-11pm)

Beacon, Burke, Chester, Cornwall, Dover, Ellenville, Fallsburg, Goshen, Highland, Kingston, Liberty, Marlboro, Minisink, Mount Academy, O’Neill, Pine Plains, Poughkeepsie, Red Hook, Seward, Tri-Valley, Wallkill, Warwick

Sunday, January 24 OCIAA “B” Meet @ West Point (1pm-6pm)

Eldred, FDR, Homestead, Lourdes, Middletown, Millbrook, Monroe, Monticello, New Paltz, Newburgh, Onteora, Pine Bush, Port Jervis, Rondout Valley, Saugerties, Spackenkill, Sullivan West, Valley Central, Washingtonville

“A” MEET FORMAT

ORDER OF EVENTS

Running Events:

Girls	1500 meter walk	-	3 entries
Boys	55 meter hurdles	-	6 entries
Girls	55 meter hurdles	-	6 entries
Boys	55 meter dash	-	8 entries
Girls	55 meter dash	-	8 entries
Boys	1600 meter run	-	5 entries
Girls	1500 meter run	-	5 entries
Boys	600 meter run	-	5 entries
Girls	600 meter run	-	5 entries
Boys	300 meter run	-	8 entries
Girls	300 meter run	-	8 entries
Boys	1600 meter relay	-	1 team
Girls	1600 meter relay	-	1 team
Boys	800 meter relay	-	1 team
Girls	800 meter relay	-	1 team
Boy's	3200 meter relay	-	1 team
Girl's	3200 meter relay	-	1 team

Field Events:

Girls	Shot Put	-	4 entries – 3 throws
Boys	Shot Put	-	4 entries – 3 throws
Girls	Long Jump	-	4 entries – 3 jumps
Boys	Long Jump	-	4 entries – 3 jumps
Girls	Triple Jump	-	
Boys	Triple Jump	-	
Girls	High Jump	-	4 entries
Boys	High Jump	-	4 entries
Boys	Pole Vault	-	4 entries
Girls	Pole Vault	-	4 entries

“B” MEET FORMAT

ORDER OF EVENTS

Running Events:

Boys	3200 meter run	-	3 entries
Girls	3000 meter run	-	3 entries
Boys	55 meter hurdles	-	6 entries
Girls	55 meter hurdles	-	6 entries
Boys	55 meter dash	-	8 entries
Girls	55 meter dash	-	8 entries
Boys	1000 meter run	-	6 entries
Girls	1000 meter run	-	6 entries
Boys	300 meter run	-	8 entries
Girls	300 meter run	-	8 entries
Boys	3200 meter relay	-	2 teams allowed
Girls	3200 meter relay	-	2 teams allowed
Boys	800 meter relay	-	2 teams allowed
Girls	800 meter relay	-	2 teams allowed
Girls	1500 meter walk	-	3 entries

Field Events:

Boys	Weight Throw	-	4 entries – 3 Throws
Girls	Weight Throw	-	4 entries – 3 Throws
Girls	Triple Jump	-	4 entries – 3 Jumps
Boys	Triple Jump	-	4 entries – 3 Jumps
Girls	Long Jump	-	
Boys	Long Jump	-	
Boys	High Jump	-	4 entries
Girls	High Jump	-	4 entries
Girls	Pole Vault	-	4 entries
Boys	Pole Vault	-	4 entries

Holiday Classic

Entries may change after we get a final list of teams participating

ORDER OF EVENTS

Running Events:

Boys	55HH	5 Entries	(Infield)
Girls	55HH	5 Entries	(Infield)
Boys	55M	5 Entries	(Infield)
Girls	55M	5 Entries	(Infield)
Boys	DMR	1 team	
Girls	DMR	1 team	
Boys	800 meter relay	2 teams	
Girls	800 meter relay	2 teams	
Girls	1500 Race-walk	1 entry per school	(1 heat)
Boys	1600 meter relay	2 teams	
Girls	1600 meter relay	2 teams	
Boys	3200 meter relay	1 team	
Girls	3200 meter relay	1 team	

Field Events:

Girls	Long Jump	-	2 entries – 3 Jumps
Boys	Long Jump	-	2 entries – 3 Jumps
Girls	Triple Jump	-	2 entries – 3 Jumps
Boys	Triple Jump	-	2 entries – 3 Jumps
Boys	High Jump	-	2 entries – After 55M
Girls	High Jump	-	2 entries – After 55M
	Pole Vault	-	2 entries Together
Boys	Weight Throw	-	3 entries
Girls	Weight Throw	-	3 entries

Progressions:

HJ Boys OH 5'3" 3" to 6' then 1"
HJ Girls OH 4'3" 3" to 5' then 1"

PV Girls OH 6' up 1' 8' then 6"
Boys cannot come in until 9'

OCIAA DIVISIONAL CHAMPIONSHIP MEET

In Divisional Championships each team is allowed 2 entries per event and only 1 relay per event.

ORDER OF EVENTS

<u>Event</u>	<u>Info</u>	<u>Seeding</u>
55M Dash	Semi	
55M Hurdles	Semi	
3200/3000M	Final	2-3 Heats Slow to fast – Divisions scored on time
55M Hurdles	Final	
55M Dash	Final	
1000M	Final	3 Heats
600M	Final	Top 2 Heats in lane (next heats scratch start)
1600/1500M	Final	2 Heats Slow to fast – Divisions scored on time
1500RW	Final	
300M	Final	On Time
4x800M Relay	Final	1 Heat
4x400M Relay	Final	2 Heats
4x200M Relay	Final	3 Heats

<u>Event</u>	<u>Info</u>	<u>Seeding</u>
Long Jump	GIRLS	3 Jumps
Long Jump	BOYS	3 Jumps
Triple Jump	GIRLS	3 Jumps
Triple Jump	BOYS	3 Jumps
Pole Vault	GIRLS/BOYS	
Shot Put	BOYS	3 Throws
Shot Put	GIRLS	3 Throws
High Jump	BOYS	
High Jump	GIRLS	
Weight Throw	BOYS	3 Throws
Weight Throw	GIRLS	3 Throws

“Section 9 Invitational”

Entries may change after we get a final list of teams participating

ORDER OF EVENTS

Running Events:

Girls	1500 meter walk	-	2 entries
Boys	55 meter hurdles	-	5 entries
Girls	55 meter hurdles	-	5 entries
Boys	55 meter dash	-	5 entries
Girls	55 meter dash	-	5 entries
Boys	1600 meter run	-	3 entries
Girls	1500 meter run	-	3 entries
Boys	600 meter run	-	4 entries
Girls	600 meter run	-	4 entries
Boys	300 meter run	-	4 entries
Girls	300 meter run	-	4 entries
Boys	1000 meter run	-	4 entries
Girls	1000 meter run	-	4 entries

Field Events:

Girls	Shot Put	-	3 entries – 3 throws
Boys	Shot Put	-	3 entries – 3 throws
Girls	Triple Jump	-	2 entries – 3 jumps
Boys	Triple Jump	-	2 entries – 3 jumps
Girls	Long Jump	-	2 entries – 3 jumps
Boys	Long Jump	-	2 entries - 3 jumps
Girls	High Jump	-	2 entries
Boys	High Jump	-	2 entries
Boys	Pole Vault	-	2 entries
Girls	Pole Vault	-	2 entries